

## Claims

1. A method for carrying loose clothing around a user's waist by securing more than one loose clothing sleeves to each other, and around a human's waist comprising:
  - a) fastening said multiple sleeves with a strap having an upper and lower side and first and second ends, and at least one layer of material, wherein said upper and lower sides are relatively smooth uninterrupted surfaces comprised of a textile material;
  - b) placing said strap between clothing sleeves and wearer's body so that said strap is elongated in a direction substantially perpendicular to the user's waist, substantially facing the front of the user's body, and in the area of said user's waist,
  - c) placing said first end of said strap and said second end of said strap into proximity of one another; and
  - d) fastening said first end of strap to said second end of said strap by engaging said first end fastening mechanism with said second end fastening mechanism and around said sleeves.
2. The method of securing multiple sleeves as recited in claim 1, wherein said first end fastening mechanism and said second end fastening mechanism further comprise cooperating strips of hook and loop fastener fabric.
3. The method of securing multiple sleeves as recited in claim 1, wherein said strap further comprises a label coupled to said upper side of said strap.
4. A method for holding loose clothing around a user's waist by holding said clothing sleeves together with an item not coupled to said clothing.
5. The method of securing multiple sleeves as recited in claim 1, wherein said strap further comprises a label coupled to said upper side of said strap.
6. The method of securing multiple sleeves as recited in claim 1, wherein said label further comprises a textile material.
7. The method of securing multiple sleeves as recited in claim 4, wherein said label is coupled to said upper said strap by sewing.
8. The method of securing multiple sleeves as recited in claim 1, wherein said label further comprises a textile.
9. The method of securing multiple sleeves as recited in claim 8, wherein said label is coupled to said upper side of said strap by stitching thread material through said strap.
10. The method of securing multiple sleeves as recited in claim 1 wherein said upper and lower sides of said strap are coupled by stitching thread material through said strap.
11. The method of securing multiple sleeves as recited in claim 1 wherein said hook fastener is coupled to said lower side of said strap.
12. The method of securing multiple sleeves as recited in claim 1 wherein said loop fastener is coupled to said upper side of said strap.
13. The method of securing multiple sleeves as recited in claim 1 wherein said hook fastener is coupled to the lower side of said strap by stitching thread material through said strap.
14. The method of securing multiple sleeves as recited in claim 1 wherein said loop fastener is coupled to said strap by stitching thread material through said strap.
15. The method of securing multiple sleeves as recited in claim 1 wherein said strap has a reflective strip.
16. The method of securing multiple sleeves as recited in claim 1 wherein said strap has a reflective strip coupled to said upper side of said strap.